

Peter Kirk Community Center

PKCC **experience it!**

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

352 Kirkland Ave, Kirkland 98033 425.587.3360

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, Zumba Gold, Aerobics, Yoga, Ballet, a wide range of art and life-long learning classes, fun special events, intergenerational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. The support and tremendous amount of volunteer hours make it possible for the Community Center to offer a wide variety of activities and services.

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs may be eligible for other community-based programs, such as adult day care (see page 68) or contact EvergreenHealth Community Healthcare Access Team at 425.899.3200 for other options.

Endorsements

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

Center Hours

Monday–Friday 8am–5pm

Center Closed at 12pm . . . 12/24, 12/31

Center Closed . . . 11/11, 11/27, 12/25,
1/1, 1/19 & 2/16



PARKING PERMITS

If you are at the Peter Kirk Community Center between **8:00am and 3:00pm**, please see a staff member to obtain a parking permit.

Age 50+

GET MOVING

WITH THE **KIRKLAND STEPPERS!**

The Kirkland Steppers are launching into their 11th year of fun walking opportunities on Tuesdays (June 3–Sept 30) with a plethora of zany, dedicated walker's age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.

Becoming a Super Stepper "Club Card" member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
Sept 9	North Creek Park Lunch on your own at Mill Creek Town Center	–0–	\$7	41546
Sept 30	"Finish Line" Extravaganza Lunch sponsored by Fairwinds Redmond	–0–	\$7	41547

The Super Stepper "Club Card" Membership has exclusive benefits:

For \$10 you can be a Super Stepper "Club Card" member. Club Membership has its Rewards!

REGISTRATION #41543

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- Special Event Walks (registration required)
- Transportation to Special Event walks (registration required – seats are limited)
- Admittance to the "Finish Line" Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

* WA State sales tax included *

Non-Members:

- Are encouraged and always WELCOME to join the walkers every week.
- There is a \$7 fee per event for all special walks and parties.
- Registration required for all Special Events and opens 2 weeks prior to event.
- Stepper Club T-Shirt available to purchase for \$15.

Thank You Fairwinds Redmond & EvergreenHealth for Sponsoring Steppers!



Special Events

All special events include sales tax

WELCOME WAGON

Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like.

RSVP at 425.587.3360 • Free

Monday 11am October 20 42747
Monday 11am January 12 42748

Taste of Retirement

Several area housing options will be here with tantalizing treats for your taste buds. Come in and get a taste of what each option has to offer. Sample their chef's creations and have an opportunity to talk to representatives from local area retirement communities.

Vote for the spookiest booth and best costume. Everyone is welcome! Free

**Friday, October 31
11am–1pm**

Special thanks to Choice Advisory for co-sponsoring this fun event!

TURKEY TREAT

Celebrate Thanksgiving the old fashioned way. Enjoy musical entertainment by Gary Hood followed by a traditional turkey meal with all the trimmings.

Special thanks to Emeritus for providing the delicious Thanksgiving feast.

**Advanced registration
required by 11/14! Cost \$7**

Thursday 11am November 20 42841

HOLIDAY D'LIGHTS

Kick off your holiday season with our annual celebration including festive music and a delicious lunch. This is one party you won't want to miss; it's guaranteed to get you in the holiday spirit.

Special thanks to Aegis Lodge in Kirkland and Aegis of Kirkland.

**Advanced registration
required by 12/5! Cost \$7**

Friday 11am December 12 42750



Join us for the 4th annual Peter Kirk Community Center's Bunco tournament.

**Advanced registration
required by 3/20! Cost \$6**

Thursday 10am March 26 42751

14TH ANNUAL HOLLY-DAY BRUNCH

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited!

**Advanced registration
required by 11/26! Free**

Saturday 10am December 6 42749

"Celebrate Your Birthday" Bash!

Here's a chance to celebrate everyone's birthday with a fun party complete with presents ...white elephant gifts, cake and ice cream! Please bring a wrapped white elephant gift if you would like to participate in the gift exchange.

Special thanks to Madison House for providing the delicious birthday lunch.

**Advanced registration
required by 2/13! Cost \$7**

Thursday 11am February 19 42842



YOU CAN POSITIVELY IMPACT LIVES!

Join the Kirkland Senior Council

Recruitment for new members is underway and is open to adults that live, work or serve the City of Kirkland

What is the Kirkland Senior Council?

Established by the Kirkland City Council in 2002, the Kirkland Senior Council (KSC) is a group of concerned citizens like you, who are dedicated to ensuring that Kirkland is, and remains a safe, vibrant community for residents age 50+. As an advisory group to the City Council, they advocate, support, shape and create programs and services that meet the needs of adults age 50+ in the community.



How does the KSC Work?

Senior Council meetings are the 2nd Tuesday of the month from 5:30–7:30pm at the Peter Kirk Community Center, 352 Kirkland Avenue in downtown Kirkland.

Member terms are three years

Monthly commitment is approximately 6–12 hours. Meetings are 2nd Tuesday of the month, 5:30–7:30pm. For more information call Leslie, 425.587.3322

How can I join the KSC?

Application Packets are available at:
Peter Kirk Community Center, 352
Kirkland Avenue Kirkland WA 98033
And the City's Web Page:
www.kirklandwa.gov/seniorcouncil

Please return applications to:

Parks and Community Services
Attn: Kirkland Senior Council
505 Market St, Suite A
Kirkland, Washington 98033



Arts & Crafts



Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome.

Supply list available at PKCC • Instructor: Danielle Barlow • Location: PKCC • 6 classes • No class 2/16
Resident \$46 / Non-Resident \$55

Mon	9:30–11:30am	Sept 8–Oct 13	42752
Mon	9:30–11:30am	Oct 20–Nov 24	42753
Mon	9:30–11:30am	Dec 1–Jan 5	42754
Mon	9:30–11:30am	Jan 26–Mar 9	42755

Beginning Watercolor Workshop

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting.

Supply list available at PKCC • Location: PKCC
Instructor: Pat Tuton • Supply fee \$3 • 2 classes
Resident \$22 / Non-Resident \$26

Fri	9:30am–12pm	Sept 5–12	42829
Fri	9:30am–12pm	Jan 9–16	42830

Pre-register for all events and classes.

Mixed Watercolor Media Painting (Intermediate Level)

More artists these days are combining 2 or more different mediums to achieve interesting and unique effects. Learn how to explore, expand and enjoy these techniques while also focusing on basic painting concepts and see how different media interact.

Come prepared to paint! (No oil painting)
Supply list available at PKCC • Prerequisite: Beginning Watercolor or Workshop • Location: PKCC
Instructor: Pat Tuton • 5 classes • Supply fee \$3
Resident \$55 / Non-Resident \$66

Fri	9:30am–12pm	Sept 19–Oct 17	42831
Fri	9:30am–12pm	Jan 23–Feb 20	42832

Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC

4 classes • Resident \$30 / Non-Resident \$36

Wed	10am–12pm	Sept 3–24	42724
Wed	10am–12pm	Oct 1–22	42725
Wed	10am–12pm	Feb 4–25	42726
Wed	10am–12pm	Mar 4–25	42727

3 classes • Resident \$23 / Non-Resident \$28

Wed	10am–12pm	Nov 5–19	42728
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Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting.

Prerequisite: Drawing with Pastels for Beginners or prior experience • Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC

4 classes • Resident \$30 / Non-Resident \$36

Wed	1–3pm	Sept 3–24	42729
Wed	1–3pm	Oct 1–22	42730
Wed	1–3pm	Feb 4–25	42732
Wed	1–3pm	Mar 3–25	42733

3 classes • Resident \$23 / Non-Resident \$28

Wed	1–3pm	Nov 5–19	42731
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Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons.

Check-in at the front desk. For more information call 425.587.3360. Will not meet 11/11

Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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Needle Craft Group

Have fun, socialize and work on your hand work.

Free

Wed	10am–12pm	Ongoing
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Stage and Screen



Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some favorites and new releases to share with you. Everyone is Welcome! Free!

Dallas Buyers Club *	Mon	1pm	Sept 15
Enough Said	Mon	1pm	Oct 20
The Grand Budapest Hotel*	Mon	1pm	Nov 17
Million Dollar Arm	Mon	1pm	Dec 15
Belle	Mon	1pm	Jan 12
Jersey Boys*	Mon	1pm	Feb 9
The Hundred-Foot Journey	Mon	1pm	Mar 16

* Rated R

Video / DVD Movie Checkout

Our movie checkout library has grown. If you have DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.

Armchair Adventures: Slide Shows

Mondays at 10:30am. Free! Everyone is welcome!

Sept 1	CENTER CLOSED	
Sept 8	Historic Pennsylvania	Bill Birdsall
Sept 15	Alaska	Len Steiner
Sept 22	Black Wolves	Ben Shimbo
Sept 29	Beacon Hill to Beacon Hill	Ron Nece
Oct 6	Spain	Bill Birdsall
Oct 13	More Spain & France	Bill Birdsall
Oct 20	American Wildlife	Ben Shimbo
Oct 27	Seattle to St. Louis	Ron Nece
Nov 3	Scandinavia	James Monahan
Nov 10	St. Louis to Atlanta	Ron Nece
Nov 17	Philly & Valley Forge	Len Steiner
Nov 24	Big Sur	Ben Shimbo
Dec 1	Arkansas & Branson Christmas	Bill Birdsall
Dec 8	Redwood Forrest	Ben Shimbo
Dec 15	Singapore	Len Steiner
Dec 22	Southern Arizona	Bill Birdsall
Dec 29	Rhino	Ben Shimbo
Jan 5	Peru & Bolivia	Bill Birdsall
Jan 12	Lions	Ben Shimbo
Jan 19	CENTER CLOSED	
Jan 26	Columbia River to LA	Ron Nece
Feb 2	Vietnam	James Monahan
Feb 9	Italy	Jim Hoff
Feb 16	CENTER CLOSED	
Feb 23	Marquesas Islands	James Monahan
Mar 2	Western Caribbean Cruise	Bill Birdsall
Mar 9	Malaysia	Len Steiner
Mar 16	Portland Maine to the Keys	Ron Nece
Mar 23	Building in Texas	Ron Steiner
Mar 30	Burma	James Monahan

Language

Introduction to Spanish

¿Habla Español? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.

*This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC
5 classes • No class 1/19 & 2/16
Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	Sept 8–Oct 6	42735
Mon	1:30–3pm	Jan 12–Feb 23	42736
Mon	1:30–3pm	Mar 2–30	42739

Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills.

Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.

*This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC
5 classes • Resident \$38 / Non-Resident \$46*

Wed	1:30–3pm	Sept 10–Oct 8	42740
Wed	1:30–3pm	Jan 14–Feb 11	42742
Wed	1:30–3pm	Feb 25–Mar 25	42743

Literary Arts

Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

Group meets the 1st Wednesday of each month, 1–2pm

Fitness & Exercise

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde*

Tuesdays 4 classes • No class 11/11
Resident \$35 / Non-Resident \$42

Tue	10:30–11:30am	Sept 2–23	42932
Tue	10:30–11:30am	Oct 7–28	42933
Tue	10:30–11:30am	Nov 4–Dec 2	42934
Tue	10:30–11:30am	Jan 6–27	42942
Tue	10:30–11:30am	Feb 3–24	42943
Tue	10:30–11:30am	Mar 3–24	42944

Thursdays 4 classes • No class 11/20, 11/27, 2/19 & 3/26 • Resident \$35 / Non-Resident \$42

Thur	10:30–11:30am	Sept 4–25	42935
Thur	10:30–11:30am	Oct 2–23	42936
Thur	10:30–11:30am	Oct 30–Dec 4	42937
Thur	10:30–11:30am	Jan 8–29	42945
Thur	10:30–11:30am	Feb 5–Mar 5	42946
Thur	10:30–11:30am	Mar 12–Apr 9	42947

Yoga for Beginners

With close to 20 years' experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face, this class loves to laugh!

*Bring mat or rug • Location: PKCC
Instructor: Sally Rodich*

Mondays 4 classes • No class 1/19 & 2/16
Resident \$40 / Non-Resident \$48

Mon	9–10am	Sept 8–29	42800
Mon	9–10am	Oct 6–27	42801
Mon	9–10am	Nov 3–24	42802
Mon	9–10am	Dec 1–22	42803
Mon	9–10am	Jan 5–Feb 2	42811
Mon	9–10am	Feb 9–Mar 9	42812
Mon	9–10am	Mar 16–Apr 6	42813

Wednesdays 4 classes

Resident \$40 / Non-Resident \$48

Wed	10–11am	Sept 3–24	42804
Wed	10–11am	Oct 1–22	42805
Wed	10–11am	Oct 29–Nov 19	42806
Wed	10–11am	Nov 26–Dec 17	42810
Wed	10–11am	Jan 7–28	42815
Wed	10–11am	Feb 4–25	42816
Wed	10–11am	Mar 4–25	42817

Thursdays 4 classes • No class 11/20, 11/27, 2/19 & 3/26 • Resident \$40 / Non-Resident \$48

Thur	9:15–10:15am	Sept 4–25	42807
Thur	9:15–10:15am	Oct 2–23	42808
Thur	9:15–10:15am	Nov 6–Dec 11	42809
Thur	9:15–10:15am	Jan 8–29	42818
Thur	9:15–10:15am	Feb 5–Mar 5	42819
Thur	9:15–10:15am	Mar 12–Apr 9	42820



Strength & Tone Aerobics

Join Charlene for this fun and friendly class that incorporates non-jumping, low impact aerobics with weights and mat work. All fitness levels are welcome, work at your pace to move and feel better.

Bring mat or rug • Location: PKCC

Instructor: Charlene Watson • 15 classes

No class 9/30, 11/11, 11/20, 11/27, 12/25, 1/1, 2/19

Resident \$47 / Non-Resident \$56

Tue/Thur	9–10am	Sept 2–Oct 30	42756
Tue/Thur	9–10am	Nov 4–Jan 8	42757
Tue/Thur	9–10am	Jan 13–Mar 5	42758
Tue/Thur	9–10am	Mar 10–Apr 30	42759

Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

Instructor: Gina Casanova

No class 9/1, 10/31, 11/28, 12/12, 12/24, 12/31, 1/19, 2/16 • Resident \$47 / Non-Resident \$56

Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session • Call 425.587.3360 for session dates and times.





Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join in this fun and friendly class.

*No partner needed • This class will not be pro-rated
Location: PKCC • 6 classes • No class 9/30, 11/11 & 11/25
Resident \$30 / Non-Resident \$36
Drop-In Rate Resident \$7 / Non-Resident \$8*

Tue	10–11am	Sept 9–Oct 21	42656
Tue	10–11am	Oct 28–Dec 16	42657
Tue	10–11am	Jan 6–Feb 10	42658
Tue	10–11am	Feb 17–Mar 24	42659

Sports

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

*Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville • Min 6 / Max 12
4 classes • Sr Resident \$89 / Sr Non-Resident \$99
Non-Sr Resident \$97 / Non-Sr Non-Resident \$119*

Fri	10–11am	Sept 5–26	42648
Fri	10–11am	Oct 3–24	42649
Fri	10–11am	Nov 7–28	42650
Fri	10–11am	Dec 5–26	42651
Fri	10–11am	Jan 2–23	42652
Fri	10–11am	Feb 6–27	42653
Fri	10–11am	Mar 6–27	42654



PICKLEBALL COURTS AT EVEREST PARK

NEW!

500 8th Street South

With the addition of pickleball lines on the tennis court at Everest Park you will now be able to practice this fun, quirky, Northwest born game. Pickles, the dog who inspired the name of this sport, loved this game (or at least the ball), which is a combination of tennis, badminton, and ping pong. This easy to learn, affordable game is a sport enjoyed by all ages from children to seniors.

So get up off the couch, dust off your sneakers and give pickleball a try, we guarantee you'll be hooked!

Games

Ping Pong (Table Tennis)

Open to players of all abilities.

Sign up at front desk or call 425.587.3360

Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are available, ask for the playing pieces at the front desk.

Drop in Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners.

Join the fun on Tuesdays at 12:45pm

Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners.

All are welcome to join Thursdays at 11am

Cards

Come use our card rooms for a friendly game; available days and some evenings. Call 425.587.3360 for more information

Pool

Three tables are available for drop-in pool.

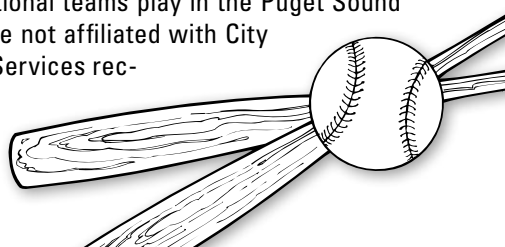
All are welcome to join the fun in our Pool Room

SOFTBALL Recruitment IS IN FULL SWING!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2015 season is underway! The two men's teams, "Moss Bay Hawks" and "Kirkland Owls" were a hit in 2014! After a long winter break, team players are now dusting off their bats to begin practice in March 2015. Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound

Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

FOR MORE INFO ABOUT men's teams CALL **RICH MIDLIVICH**
425.827.1109



Computer Classes

- \$5 lab fee per class is collected at time of registration
- If taking a Mac or iPad class participant must provide their own laptop or iPad, Mac computers are not available at PKCC.

MAC CLASSES

Introduction to iPad

Want to learn how to use your iPad to its fullest potential? Then this class is for you! Learn how to use Siri, email, keyboard shortcuts, and the calendar and clock functions as well as how to take pictures and use a photo app. You will also, learn how to download app, books and magazines.

Location: PKCC • Instructor: Doris Ford • 2 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own iPad

Sr-Resident \$23 / Sr Non-Resident \$28
Non-Sr Resident \$33 / Non-Sr Non-Resident \$40

Wed	8:45–10:45am	Sept 10–17	42744
Fri	8:45–10:45am	Oct 17–24	42988
Wed	8:45–10:45am	Jan 21–28	42989
Fri	8:45–10:45am	Feb 6–13	42990

Organize Files on Finder Mac **NEW!**

Learn the structure of Finder files and folders, how to create, delete, and arrange folders and files, save, and rename them. Use alias files, sort, and search for files.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration
Participants must provide their own Mac

Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	Jan 14	43119
Wed	8:45–10:45am	Mar 4	43120

PC CLASSES

Computer Basics

Introduction to Computers

For beginners with little or no computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC • Instructor: Doris Ford • 4 classes
No class 5/26 • \$5 lab fee per class is collected at time of registration • No class 1/19

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Oct 6–27	42760
Mon	12:30–2:30pm	Jan 12–Feb 15	42762



Microsoft Windows

Introduction to Computers: Windows 8

This beginner class covers fundamentals of hardware and software terminology operations for Windows 8. Learn how to navigate backward and forward with swipes and/or the keyboard or mouse. Learn the difference between word processing and a spreadsheet.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own laptop with Windows 8 • No class 1/19

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Sept 8–29	42763
Mon	10am–12pm	Jan 12–Feb 9	42766

Overview of Windows 8 **NEW!**

How to launch and customize the colorful tiles, find your favorite apps, move apps, and download new apps. Open the traditional window. Learn about the charms, sticky notes, display your desktop background and personalize the start screen by changing the background color and pattern.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration
Participants must provide their own iPad

Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	10am–12pm	Jan 14	42767
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Internet & E-Mail

Facebook Overview

Facebook is ranked as the most used Internet social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	Sept 24	42768
Fri	8:45–10:45am	Jan 16	42769

Up in the Clouds

What is a Cloud? In this class learn how online backup works, how much space you really need, advantages of a Cloud, which Cloud should you choose as well as security, reliability and privacy of a Cloud. You will have the chance to view the top 10 Clouds.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Sept 26	42770
Wed	8:45–10:45am	Feb 18	42772

Age 50+

Information on the Internet

Search for information on the Internet using search engines, view your home town newspapers, and magazines. Learn how to download Internet files, buy items over the Internet, and use anti-virus programs and firewalls.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Jan 30	42773
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Google/Picasa

Google's free download of Picasa instantly finds and edits all pictures. Basic fixes of crop, remove red eye, fix contrast and color, and enhances photos easily and fast. Quickly sorts all pictures by dates, or file names. Picasa prints wallet size, 4x6, 5x7, or full page photos. Discover all of Picasa's advanced editing made simple.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Sept 19	42775
Fri	8:45–10:45am	Feb 27	42776



Scanning, Editing & Creating

Organize Your Computer

Learn the structure of folder and files, how to create and arrange folders and files so you can easily retrieve saved material, how to organize, save, and rename them and how to search for lost files and retrieve or delete files from the Recycle Bin.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Oct 10	42779
Wed	8:45–10:45am	Feb 25	42780

Getting to Know Your Digital Camera

In this class, work with your own equipment to determine which settings provide the most satisfactory results. Transfer your pictures to the computer, edit and print them.

Prerequisite: Ownership or access to a digital camera with 3.2 or more mega pixels • Bring your camera, extra batteries and your camera/computer connection to class

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45pm	Oct 3	42781
Wed	8:45–10:45am	Feb 4	42782

Word Mail Merge **NEW!**

Learn how to create return mailing labels, change text color and add clip art to the labels, or generate mailing labels using a list of names and addresses. Practice using Word's mail merge wizard to merge a data source, such as a customer list and a main document, in easy steps. Add fields in a form letter to add personalized text.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:5am	Oct 1	42783
Fri	8:45–10:45am	Jan 23	42784

One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$35 / Non-Resident \$42 • \$5 lab fee per class is collected at time of registration • Advanced registration required, call 425.587.3360

Return to Work Series

Build fundamental job-seeking skills in Word, Excel, and PowerPoint to reenter the workforce.

Return to Work: Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

*Location: PKCC • Instructor: Doris Ford • 4 classes
No class 2/16 • \$5 lab fee per class is collected at time of registration*

*Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	12:30–2:30pm	Sept 8–29	42745
Mon	10am–12pm	Feb 23–Mar 16	42746

Return to Work: Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

*Location: PKCC • Instructor: Doris Ford • 4 classes
No class 2/16 • \$5 lab fee per class is collected at time of registration*

*Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	10am–12pm	Oct 6–27	42777
Mon	12:30–2:30pm	Feb 23–Mar 16	42778

Financial

**Advanced registration required:
425.587.3360**

Coffee, Cash and Conversation

Discuss current events, the economy and investing in a relaxed and informal setting. This is a great way to get your questions answered. Everyone is welcome and the coffee is on us! Presented by Cory Shepard, Financial Advisor with Edward Jones. Advance registration is required, call 425.587.3360.

Free

Fri	10:30–11:30am	Sept 5	42991
Fri	10:30–11:30am	Oct 3	42992
Fri	10:30–11:30am	Nov 7	42993
Fri	10:30–11:30am	Jan 2	42994
Fri	10:30–11:30am	Feb 6	42995
Fri	10:30–11:30am	Mar 6	42996

Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. Our class lists are never given to anyone. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator. Advance registration is required for all programs.

Call 425.587.3360.

Financial Services

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2014 tax return.

Appointments are available Fridays from 9am–1pm, Feb 7–April 11 • No fee • Appointments required, call 425.587.3360

Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

www.atg.wa.gov

Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

*Call 800.750.2227 or go to
www.clearpointfinancialsolutions.org*

Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000.

To see if you qualify, call 206.296.3920

Social Security

Open 7am–7pm weekdays

Call 1.800.772.1213 or go to www.ssa.gov.

Legal Services

Senior Rights

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association.

For more information call 206.448.5720 or go to www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx



Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions Fridays, 2-4pm.

No fee • Appointments required
To qualify, call 425.747.7274

Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee • Call 425.747.7274

Wedding? Party? Reunion? Meeting?

GOT AN EVENT?

WE'VE GOT SPACE.

The Peter Kirk Community Center and North Kirkland Community Center can meet these needs and more. Both centers feature hardwood floors, full kitchens and usage of tables and chairs. For information and availability please give us a call!



Peter Kirk Comm. Center

(located at Peter Kirk Park)

425.587.3360

North Kirkland Comm. Center

(located at North Kirkland Park)

425.587.3350

EnhanceWellness Program

Evergreen EnhanceWellness

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the EnhanceWellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, losing weight or starting an exercise program, but have had difficulty getting motivated. We all have a multitude of reasons for not taking action on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. EnhanceWellness is a participant-driven, evidence based health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

Program is free of charge • Tuesdays by appointment
Call Patti Quaale RN-BC, 206.268.6740

Evergreen EnhanceWellness Social Work Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

Free • Call Jody Dearborn, LMHCA, GMHS,
425.286.1047

EvergreenHealth

Support Groups

Men's Coffee and Conversation

Join other men in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

1st & 3rd Monday 9:30-10:30am
in the Sunroom • Coordinated by SW

Women's Coffee and Conversation

Join other women in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

2nd & 4th Monday 9:30-10:30am
in the Sunroom • Coordinated by SW



Family Caregiver Support Group

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

2nd Mondays, 1:30pm-3:00pm
Contact facilitator Jody Dearborn, LMHCA, GMHS,
Peter Kirk Social Worker 425.286.1047
jodyd@seniorservices.org

Family Caregiver Consultation

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Worker is available to you, the caregiver, to manage and improve your own health. Services include consultation, connecting with community resources, coping with stress, and enhancing your own health and wellness. Please call for an individual appointment.

Free • Contact Jody Dearborn, LMHCA, GMHS,
Peter Kirk Social Worker 425.286.1047
jodyd@seniorservices.org

PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression.

All this is done with a trained PEARLS counselor.

In the past two weeks,

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you.

Contact Jody Dearborn,
LMHCA, GMHS, Peter Kirk
Social Worker at 425.286.1047 or
jodyd@seniorservices.org

Thank you EvergreenHealth

for your generous support of our Health & Nutrition Classes,
Wellness Program, and Kirkland Steppers!

Age 50+

Health & Nutrition

Self-Compassion **NEW!**

Do you treat yourself as well as you treat your friends and family? Self-compassion is not being selfish; it is learning and practicing ways to take care of you. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious and less depressed. In this session you will learn new tools and strategies for promoting good self-care.

Facilitated by Janet Zielasko, MS, LSW and Jody Dearborn, LMHCA, GMHS • Free

Mon	1-2:30pm	Sept 15	42878
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Living Well with Diabetes

This Diabetes Self-Management program is a 6-week workshop developed and tested by Stanford University. Your participation will help you gain skills to better manage glucose monitoring, medications, symptoms, fatigue and pain. Learn to handle difficult emotions, improve communication with family, friends and your medical team. Benefit from the support of others who understand what you're going through.

*Limited to 16 participants • 6 classes • No class 11/11
Facilitated by Patti Quaale RN-BC • Free*

Tue	1-3:30pm	Oct 14–Nov 25	42786
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“Chicken Soup” for the Brain **NEW!**

The brain is a marvelous organ, but, like all organs, it needs to stay in shape, so to speak. This workshop will explore different approaches for memory enhancement. During the 4-session workshop, you will learn theories about memory, how to differentiate between memory loss that is part of normal aging versus possible onset of dementia, “exercises” for the left brain and the right brain, strategies for improving recall and general memory.

*Facilitated by Glen Felias-Christensen, RN, MPH
4 classes • Free*

Mon	10:30am–12pm	Oct 20–Nov 10	42881
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Making Sense of In-Home Health Care **NEW!**

Do you want to age in place but find in home health services hard to understand? This workshop will explore using an agency vs. hiring privately, the role of the nurse and the social worker, and how to plan your environment for aging at home. You will also learn what Medicare pays for and what needs to “come out of pocket”, what it means to run out of resources and either qualify or not qualify for Medicaid, and what care can look like in the community. Being at home doesn't mean being alone!

Facilitated by Susan “Sam” Miller, RN, MN, BC, CareForce, Inc • Free

Mon	1-2:30pm	Jan 26	42882
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Taking Charge of your Future: Senior Housing & Care Options

What is the difference between independent Living, Assisted Living, Adult Family Homes and In Home Care? Did you know that as a veteran or widow of a veteran you can receive up to \$1,700/month toward your care? Get the answer to these and any other questions about senior care including downsizing, elder care attorneys, realtors that specialize in elder care and more. All attendees will receive a CHOICE resource guide.

Presented by Jennifer Bergstrom, CHOICE Advisory Services Inc.

Mon	1-2:30pm	Feb 2	42843
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Matter of Balance

If you have fallen or are afraid you may do so, this class is for you! This 8-week program will change your thinking and will allow you to practice easy exercises to increase flexibility, strength and safety.

*Limited to 16 participants • 8 classes
Facilitated by Patti Quaale RN-BC • Free*

Tue	1-3pm	Feb 3–Mar 24	42787
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Have Fun with Lettuce **NEW!**

Salads can have a place at any meal, from appetizer to dessert. Learn the various ways to incorporate lettuce into your daily diet and the benefits it brings.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Sept 12

Cold, Flu or Pneumonia?

Learn to recognize the symptoms of colds, the flu and pneumonia; includes when to treat yourself and when to consult a physician.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Sept 19

Medicare Are You Covered

Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce Medicare related costs. Get the facts about your Medicare choices, so you can save money on health care coverage.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Oct 3

Healthy Digestion

Good digestion is key to being able to absorb proper nutrients from our food. The digestive track is also a huge component in helping our immune system to fight off offending pathogens and invaders. Learn the key points to being able to restore digestive function.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Oct 17

Cholesterol/Diabetic Screen

Screening will include fasting full panel cholesterol test and glucose. Results will be given before you go home! Limit 25 participants, must register for time slot.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 8:30–10:30am Nov 7

Holiday Cooking: Quick & Delicious

This class will include recipes and tips to make delicious and nutritious holiday meals. Have fun while learning how the typical diet affects health.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Nov 21

How Do I Know If I Am Being Overmedicated? **NEW!**

Drugs often behave differently in seniors. Learn how to identify signs of overmedication as well as understand the reasons how overmedication can occur.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Dec 5

Meditation for Holiday Stress

Meditation can be a powerful tool for relaxation and reducing stress. Learn and practice basic meditation, visualization and relaxation techniques to help calm you during the holidays.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Dec 19

Five Wishes: Advanced Care Directives **NEW!**

Five Wishes gives people control over their medical care, as well as peace-of-mind that comes from expressing their own wishes and knowing those of their loved ones. Learn how to use this easy-to-use legal document that lets adults of all ages plan how they want to be cared for in case they become seriously ill.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Jan 9

Acupuncture for Pain Relief

Acupuncture has been shown to be beneficial for treating chronic pain symptoms in some individuals. Find out which conditions respond well to acupuncture.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Jan 23

The Heart of Diabetes **NEW!**

Diabetics are two to four times more likely to have heart disease or suffer from a stroke. We will cover innovations in management, symptom-based treatments and heart disease.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Feb 6

Child Safety for Grandparents

NEW! Refresh yourself on important precautions to take to child-proof your home, and essential information and documentation needed in case of a medical emergency.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Feb 20

Asthma Caused by Allergies

In some people allergies can trigger an asthma attack. Learn what in the environment may be causing this and how to reduce exposure.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Mar 6

Where's the Fiber

Fiber can help lower your cholesterol, lose weight and reduce cardiovascular risk. Learn easy ways to incorporate fiber into your diet.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Mar 20

Age 50+

Health Services

Oral Health Care

Affordable teeth and denture cleaning for adults age 50 + provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$77. Denture cleaning also available for \$10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 50 years or older.

For appointments and more information, call 425.587.3360

Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays

Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425.587.3360

Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

Lunch is \$3 donation for persons 60+ • All others \$6

Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206.241.5650 or go to www.kcwics.org

Community Resources

Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to www.seniorservices.org

Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425.885.1006 or go to www.bridgemin.org

Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network

Overlake Senior Care Connections

Services, resources and information for seniors.

Call 425.688.5800 or go to www.overlakehospital.org/services/senior-care

AARP Area Office

American Association of Retired Persons.

Call 1.866.663.3291 or go to www.aarp.org/states/wa

Benefits Check Online

www.BenefitsCheckUp.org is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

Northshore Adult Day Center 425.488.4821

Elder & Adult Day Services..... 425.867.1799

Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program".

For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Community Home
Health & Hospice 425.899.3300

Eastside Friends of Seniors..... 425.369.9120

Volunteer Chore Services
(Catholic Comm. Svcs.) 206.328.5787

Jewish Family Services..... 206.461.3240

Volunteer Opportunities

Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

- Delivering Meals on Wheels to home-bound seniors in Kirkland
- Preparing lunches
- Dishwashing
- Front Desk Greeter
- Coffee Bar
- Slide show presenter, share your travels

For more information call Patrick at 425.587.3012

Employment

Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to www.aarpworksearch.org

Employment Resource Center

This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206.684.0500 or go to www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm



Driver Training

AARP — 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.

Fee \$15 for AARP members / \$20 for non-members, please bring AARP membership card to class

Make checks payable to AARP on the first day of class
• To register call 425.587.3360

Wed & Thur	12:30–4:45pm	Sept 17–18	43121
Wed & Thur	12:30–4:45pm	Nov 5–6	43122
Wed & Thur	12:30–4:45pm	Jan 7–8	43123
Wed & Thur	12:30–4:45pm	Mar 4–5	43124

Chinese, Latino & South Asia Services

Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

CHINESE SERVICES: TUESDAYS

For more information call Bolivar at the Chinese Information & Services Center, 206.624.5633, ext 4140

Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. Free

Tue	11:15–12:15pm	Ongoing
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E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. Free

Tue	1–3pm	Ongoing
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LATINO SERVICES: WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044

Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. Free

Monthly	10–11:45am	1st Wednesday
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E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. Free

Wed	12:45–2pm	Ongoing
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PARKING PERMITS

If you are at the Peter Kirk Community Center between 8:00am and 3:00pm, please see a staff member to obtain a parking permit.

Age 50+

Transportation

Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and FREE!

Wed	9–11am	Sept 3
Wed	9–11am	Oct 1
Wed	9–11am	Nov 5
Wed	9–11am	Dec 3
Wed	9–11am	Jan 7
Wed	9–11am	Feb 4
Wed	9–11am	Mar 4

Metro Bus ID NEW DAY!

Reduced fare passes for ages 65+ and disabled. *Fee \$3*

Thur	10–11am	Oct 16
Thur	10–11am	Dec 18
Thur	10–11am	Feb 19

Access

Transportation to appointments, grocery shopping and the Community Senior Center.

*To schedule, call 206.205.5000
or toll free 1.866.205.5001*

Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

*For rides or to be a volunteer driver,
call 206.448.5740 or toll free 1.800.282.5815
or go to www.seniorservices.org*

METRO Information

Weekdays	5:00–10:00pm
Weekends	8:00am–7:00pm

*Call 206.553.3000 or toll free, 1.800.542.7876
TTY: 206.684.1739*

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

*Call 1.800.923.7433 or go to
www.hope-link.org/get-help/transportation*

Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206.448.5740

Daily Van Transportation

The Center's van is operated by the Northshore Senior Center Monday-Friday. Transportation to and from the Center is for City residents only. Participants must be Access eligible to participate in this program. Please call 425.587.3363 for more information about this program or to reserve a ride, no later than 5pm the previous day. Transportation is also available to medical and essential appointments, including trips to the Hopelink Food Bank for qualified residents.

Suggested donation of \$2.00 each way.

Attention Van Riders!

All riders must be Access eligible to participate in the transportation program. If you need help with your Access application, Mari is available to offer assistance. Please call 425.587.3363 to set up an appointment or if you have any questions.



Grocery Shopping

The Northshore Senior Center provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home.

*To receive a schedule or make an appointment,
call 425.587.3363*

Wed	Sept 3	Safeway
Wed	Sept 10	QFC
Wed	Sept 17	Bridle Trails
Wed	Sept 24	Fred Meyer
Wed	Oct 1	Safeway
Wed	Oct 8	QFC
Wed	Oct 15	Bridle Trails
Wed	Oct 22	Fred Meyer
Wed	Oct 29	Safeway
Wed	Nov 5	QFC
Wed	Nov 12	Bridle Trails
Wed	Nov 19	Fred Meyer
Wed	Nov 26	Safeway
Wed	Dec 3	QFC
Thur	Dec 11	Bridle Trails
Wed	Dec 17	Fred Meyer
Wed	Jan 7	Safeway
Wed	Jan 14	QFC
Wed	Jan 21	Bridle Trails
Wed	Jan 28	Fred Meyer
Wed	Feb 4	Safeway
Wed	Feb 11	QFC
Wed	Feb 18	Bridle Trails
Wed	Feb 25	Fred Meyer
Wed	Mar 4	Safeway
Wed	Mar 11	QFC
Wed	Mar 18	Bridle Trails
Wed	Mar 25	Fred Meyer

Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Spring / Summer 2015 van trips.

**Tuesday, Oct 28
11am at the Center**

Shops & Slots

Tuesdays 10am–4pm
Resident \$21 / Non-Resident \$25
Bring lunch \$

Angel of the Winds & Seattle Premium Outlets	Sept 16	42833
Snoqualmie Casino & North Bend Outlet Mall	Jan 13	42834



* All trips include sales tax *

Out For Lunch Bunch **SEVERAL NEW LOCATIONS!**

11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch \$

Red Lobster (Lynnwood)	Thur Sept 25	Red Lobster is passionate about serving great seafood and goes the extra mile to bring you the best dining experience possible. At Red Lobster they Sea Food Differently!	42844
Rory's of Edmonds	Thur Oct 16	Rory's offers a warm, welcoming, casual dining experience that has been a local favorite for years.	42845
Judy Fu's Snappy Dragon (Seattle)	Thur Nov 13	Winner of Best Chinese in 2008, 2009, 2010, 2011, 2012 AND 2013 Judy Fu's Snappy Dragon is a popular destination for Mandarin and Szechuan style cooking.	42846
Sky City (Space Needle)	Thur Dec 18	The entire restaurant moves 360 degrees allowing diners to take in each course of the city as they take in each course of their meal. The elevator ride and O Deck are included. <i>Please note this trip will return to the Center at 3pm.</i>	42847
Wildfin (Issaquah)	Thur Jan 22	Wildfin is a casual, affordable neighborhood restaurant with a comfortable sense of style.	42848
Sammamish Café (Sammamish Plateau)	Thur Feb 19	Enjoy fresh baked pies, cakes, muffins and cinnamon rolls daily at the newest addition to this chain of cafes that also include the Village Square Café, the Woodinville Café, and the Crystal creek Café to name a few. Each café has a culinary team that also makes roasted turkeys, prime ribs and delicious soups every day.	42849
Maggie Bluffs (Seattle)	Thur Mar 12	Maggie Bluffs is a Seattle original—come as you are and enjoy the view, the outstanding food and the fun loving staff.	42850



Chuckanut Manor & Historic Fairhaven

Thur., Sept 4 42835 9:30am–5pm
Resident \$25 / Non-Resident \$30
Bring lunch \$

Enjoy lunch at beautiful Chuckanut Manor followed by shopping and exploring Fairhaven.

Portland Art Museum: The Art of the Louvre's Tuileries Garden

NEW!

Thur., Sept 11 42852 8am–7pm
Resident \$55 / Non-Resident \$63
Bring lunch \$

This stunning exhibition explores the art, design, and evolution of Paris' most famous garden. Enjoy lunch at McMenamins on the Columbia River on your way down. Tour fee includes museum admission.



Leavenworth Oktoberfest

Fri., Oct 3 42853 8:30am–6pm
Resident \$35 / Non-Resident \$42
Bring lunch \$

Oktoberfest in Leavenworth is the next best thing to being in Munich! Enjoy live music, German food, arts and crafts and so much more.

St. Demetrios Greek Festival

Fri., Oct 10 42836 12–6pm
Resident \$20 / Non-Resident \$24
Bring lunch \$



A Seattle tradition since 1960, enjoy traditional Greek food, music, dancing and culture at this Mountlake neighborhood festival.

La Conner

Thur., Oct 23 42855 9am–4pm
Resident \$23 / Non-Resident \$28
Bring lunch \$

Explore this charming waterfront town and enjoy lunch on your own at one of the many local restaurants.



Spirit of Seattle Ghost Tour

Thur., Oct 30 42837 9:15am–3pm
Resident \$37 / Non-Resident \$41
Bring lunch \$

Are you brave enough to tour the dark side of Seattle's streets and alleys? Jake, a local ghost enthusiast, will take us on a 2 1/2-hour tour visiting various haunted locations and share spine tingling stories on Private Eye of Seattle's newest tour. Enjoy lunch at Chandler's Crabhouse after the tour. Must sign up by 10/10 to secure reservations.

University Village and the Ram Restaurant

Thur., Nov 6 42856 11am–4pm
Resident \$16 / Non-Resident \$19
Bring lunch \$

Start off this fun day of shopping with lunch as a group at the Ram, then start your holiday shopping at your own pace.

Site Connection Store

Tue., Nov 18 42857 10am–3pm
Resident \$16 / Non-Resident \$19
Bring lunch \$

This store carries a variety of products to make you and your loved ones' lives easier and to enhance your independence, despite living with vision loss. After working up your appetite shopping enjoy lunch at Twigs in Northgate.

Victorian Country Christmas Festival

Thur., Dec 4 42858 11am–5pm
Resident \$30 / Non-Resident \$34
Bring lunch \$

Step back in time and enjoy a Victorian village filled with stores, gourmet food, wine and festive entertainment.

Christmastime at the Governor's Mansion

Wed., Dec 10 42859 9:15am–4pm
Resident \$25 / Non-Resident \$30
Bring lunch \$

Enjoy seeing all the holiday decorations at the oldest standing building on the Capitol Campus, the red-brick Georgian style Executive Mansion has been home to Washington's Governors since 1910. Lunch at Falls Terrace.

Must sign up by 11/14 to secure reservations.

Seattle Metropolitan Police Museum **NEW!**

Thur., Jan 8 42860 10am–3:30pm
Resident \$25 / Non-Resident \$29
Bring lunch \$

Seattle's Law enforcement history awaits you at the Seattle Metropolitan Police Museum, the official repository for the historical artifacts of the Seattle Police Department and the King County Sheriff's Office dating back to the 1880's. Enjoy a late lunch at a local restaurant after the museum.

A New Day Northwest

Thur., Jan 29 42862 8:15am–2:15pm
Resident \$17 / Non-Resident \$20
Bring lunch \$

Be a part of the studio audience for this local daily television show. Don't forget to set your DVR as the show will air at 11am on the day we tape! After taping enjoy lunch at the Old Spaghetti Factory.

Must sign up by 1/16 to secure reservations.



MOHAI

Thur., Feb 5 42838 10am–3pm
Resident \$16 / Non-Resident \$19
Bring lunch \$

If you missed your chance last fall to explore the Museum of History and Industry we are going again. Here is the perfect opportunity to discover the rich history of the Pacific Northwest. Enjoy lunch on your own at the Compass Café.

The Secret Garden Tea Room **NEW!**

Thur., Feb 12 43503 11:30am–3:30pm
Resident \$57 / Non-Resident \$60
Bring lunch \$

The Secret Garden has relocated to a beautiful Victorian Mansion in Sumner, WA. The charm of the original Queen Anne and Italianate architecture provides an elegant, yet warm ambiance in which to enjoy a scrumptious traditional English-style Tea Set. The Rose Celebration tea set is included in the price of this trip, please see front desk for menu sample.

Must sign up by 1/30 to secure reservations.



Hibulb Cultural Center **NEW!**

Thur., Feb 26 43504 9am–3pm
Resident \$41 / Non-Resident \$45
Bring lunch \$

Enjoy a guided tour of this interactive cultural center whose mission is to revive, restore, protect, interpret, collect and enhance the history, traditional cultural values and spiritual beliefs of the Tulalip Tribes. Your tour includes the unique experience of crafting your own traditional dream catcher that you will get to take home with you. Lunch after your tour at a nearby restaurant.

Attention Riders

For everyone's comfort, please refrain from the use of fragrant personal products while participating in programs and trips.

Thank you for your consideration!

Van trips continued on next page...

Age 50+

Mystery Trip **NEW!**

Thur., March 5 42863 9am–2pm
Resident \$18 / Non-Resident \$21
Bring lunch \$

You won't want to miss this trip, it's really going to shake things up.

Western Heritage Museum, Tuscano's Italian Kitchen & Sultan Bakery **NEW!**

Thur., March 19 42864 9:30am–4pm
Resident \$21 / Non-Resident \$25
Bring lunch \$

Don't miss the opportunity to visit one of the most comprehensive, interactive museums of mining, logging, agriculture and early life in the Pacific Northwest. Stop for lunch at Tuscano's on the way to the wonderful Sultan Bakery.



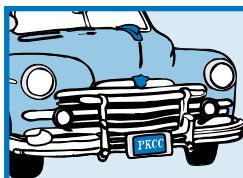
Spring in Snohomish & Flower World

Thur., March 26 42865 10am–4pm
Resident \$20 / Non-Resident \$24
Bring lunch \$

Drink in the spring weather while browsing the shops in old downtown Snohomish. Enjoy lunch on your own at one of the nearby restaurants before heading over to Flower World to peruse all the new flowers.

Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less a \$10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community Center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.



PARKING PERMITS

If you are at the Peter Kirk Community Center between **8:00am and 3:00pm**, please see a staff member to obtain a parking permit.

GOT AN EVENT?

WE'VE GOT SPACE.

Wedding? Party? Reunion? Meeting?

The Peter Kirk Community Center and North Kirkland Community Center can meet these needs and more. Both centers feature hardwood floors, full kitchens and usage of tables and chairs.

For information and availability please give us a call!



Peter Kirk Comm. Center

(located at Peter Kirk Park)

425.587.3360

North Kirkland Comm. Center

(located at North Kirkland Park)

425.587.3350